

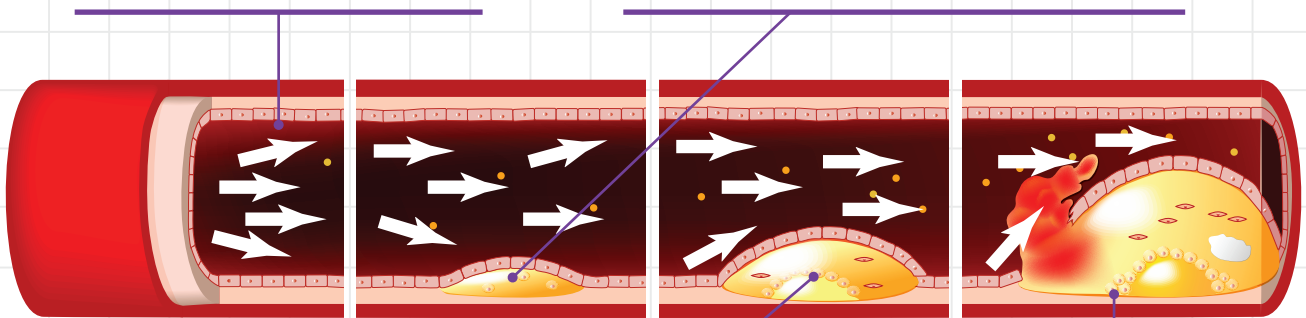


# What's all the **Hype** about Hypertension?

Hypertension is a medical condition in which your blood pressure (the force of your blood pushing against the walls of your blood vessels) is consistently elevated.<sup>1</sup>

As your heart beats, it creates pressure that pushes blood through your arteries, veins, and capillaries.<sup>1,2</sup>

The force and friction caused by the consistently high blood pressure can damage the fragile inner lining of the arteries, allowing bad cholesterol to build up – a condition known as atherosclerosis.<sup>1</sup>



The wall of the arteries becomes thicker and the passageway narrows.<sup>1</sup>

As the passageway narrows, blood pressure also rises and causes further damage to the arteries.<sup>1</sup>

## Hypertension

is diagnosed when an **adult** (a person aged 18 years and above) is consistently measured to have a blood pressure of

**$\geq 140 / \geq 90$  mmHg<sup>3,4</sup>**



For illustration purposes only

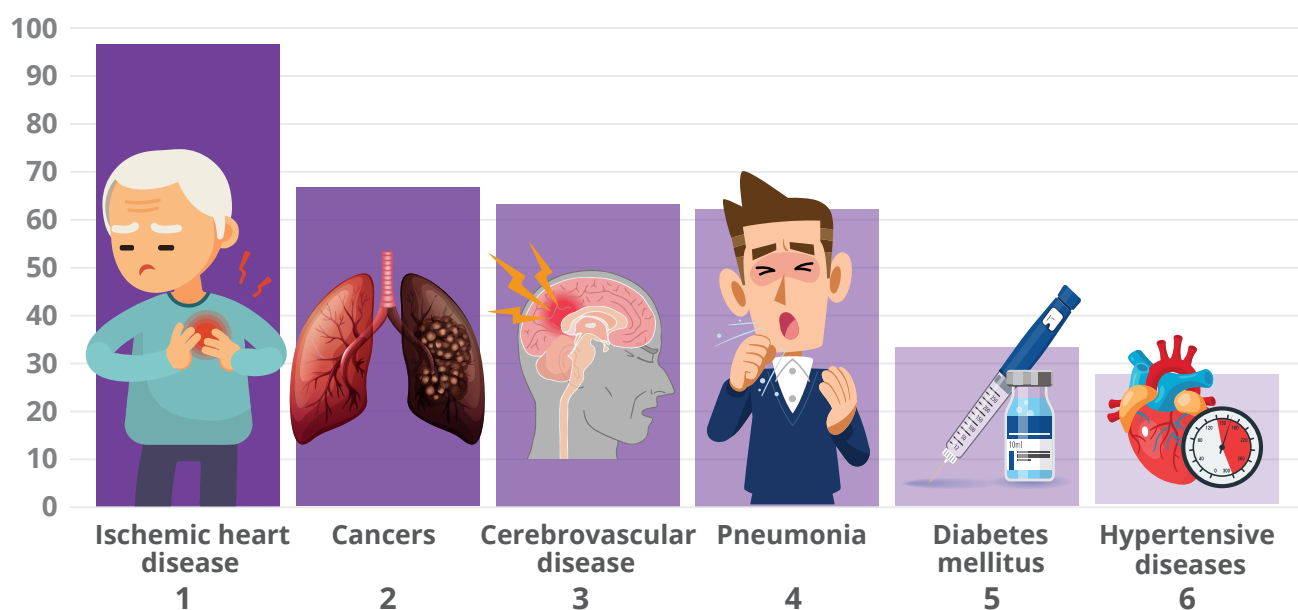
According to the **2019 Expanded National Nutrition Survey**, about **17.5%** of Filipinos aged **20 years and above** have **elevated blood pressure**.<sup>5</sup>

Could you be one of those who have it?



**Hypertensive diseases ranked 6<sup>th</sup>** among the leading causes of deaths among Filipinos in 2019.<sup>6</sup>

Leading causes of death among Filipinos, 2019<sup>5</sup>



# You may be at **risk** for **hypertension** if you have the following risk factors<sup>7</sup>:



Old age



African ancestry



A family history of hypertension



Obesity



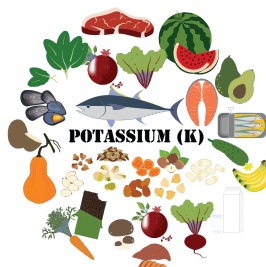
Not being physically active



Tobacco use



High-salt diet



Low potassium diet



Excessive alcohol intake



Stress



Chronic diseases  
(diabetes, kidney diseases)

The higher your blood pressure (BP) and the longer the time that it remains uncontrolled, the greater would be its damage.<sup>7</sup> It must be prevented from getting worse or developing complications,<sup>8</sup> and the best way to do this is by knowing your BP, making the necessary lifestyle changes, and following the treatment plan recommended by your physician.<sup>1,8</sup>

**References:** 1. American Heart Association (AHA). What is high blood pressure? AHA resource page. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>. Accessed 2 August 2021. 2. Mayet J, Hughes A. Heart 2003;89:1104-1109. 3. Williams B, et al. Eur Heart J 2018;39:3021-3104. 4. Unger T, et al. Hypertension 2020;75:1334-1357. 5. Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). Expanded National Nutrition Survey: 2019 Results. FNRI-DOST resource page. Available at: [http://enutrition.fnri.dost.gov.ph/site/uploads/2019%20ENNS%20Results%20Dissemination\\_ADULTS%20and%20ELDERLY.pdf](http://enutrition.fnri.dost.gov.ph/site/uploads/2019%20ENNS%20Results%20Dissemination_ADULTS%20and%20ELDERLY.pdf). Accessed 2 August 2021. 6. Philippine Statistics Authority (PSA). Registered deaths in the Philippines, 2019. PSA resource page. Available at: <https://psa.gov.ph/content/registered-deaths-philippines-2019>. Accessed 2 August 2021. 7. Mayo Clinic Staff. High blood pressure (hypertension). Mayo Clinic resource page. Available at: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/sync-20373410?p=1>. Accessed 2 August 2021. 8. MedlinePlus. How to prevent high blood pressure. MedlinePlus resource page. Available at: <https://medlineplus.gov/howtopreventhighbloodpressure.html#>. Accessed 2 August 2021.